## The Absurd Man

never changes.

If you are "going down" a little-lack power and vigor to "do things"-your food does not properly supply the need.

Change!

## Grape-Nuts

furnish the things that the system must have to make bone, muscle, and the gray matter in brain and nerve centres.

10 days' trial shows one that feeling of reserve strength so essential to success.

"There's a Reason."

Postum Cereal Co., Battle Creek, Mich., U.S.A.

The Leader for 125 Years 1780

## Walter Baker & Co.'s



It is a perfect food, highly nourishing, easily digested, fitted to repair wasted strength, preserve health and prolong life. A new and handsomely

sent free. Walter Baker & Co., Ltd. DORCHESTER, MASS.

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